



Indiana Continuous Learning Challenge

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Continuous Learning Challenge - Kindergarten

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Reading Challenge: set a timer and read each day. Try to read for longer than the day before. How many minutes did you read each day? How many minutes for the week?	Family Story: Start by writing one sentence, then have each member in your family contribute by giving or writing a sentence. Finish the story and add an illustration.	Vowel Town: Choose a long vowel and create a town with as many objects of that long vowel. Be sure to label each object.	Grab an armload of toys. Put them in a line then explain their order: the dog is first, the cat is second, and so on.	When reading a storybook, discuss the placement of pictures. Ask questions like, "Where is the moon?" "Is it above the tree?" "Is the dog bigger than the cat?" "Which animal is bigger?" etc.	Practice sorting objects. Use colored pieces of paper, pom-poms, and tweezers to pick up a pom-pom and place it on the matching colored paper.
Communication	Read a book, or ask a family member to read a book to you. Afterward write down four words that describe the main character of the story, and then describe the main character to a family member.	Interview a family member. Ask them how and why they chose your name? Write a sentence about how they chose your name.	If you owned a restaurant, what kind of food would it serve? Tell a friend or family member what you chose and why.	Write a thank you card and leave it in the mailbox for the mail carrier.	Draw a picture with a family member or sibling. Make sure you talk to your partner as you work so the picture comes out how you imagine.	Go on a treasure hunt: What is the oldest thing you can find? Can you find something from faraway? What is the smallest thing you can find? What is the biggest thing you can find? What is the funniest thing you can find?
Creativity	Pretend you are making a calendar for next school year: August 2020 to May 2021. Draw a picture for each month.	Draw a map of your house. Mark the places on the map that could be an exit in case of an emergency.	Create a menu for a restaurant. Include names of food items served, pictures of the food, and prices.	Listen to a song on the radio. When it's over draw a picture about how that song made you feel. Write down why you liked or didn't like the	Pretend you are a singer and songwriter. Write new words to a familiar song and practice singing it.	Look at a cover of one of your favorite books. Draw a picture of a new cover for the book. How did you decide what to put on the new

				song.		cover?
Critical Thinking	Using a damp paper towel and Ziploc bag, fold the paper towel into a rectangle and put inside the bag. Next, place a seed or a bean between the two. Make three of these. Tape each of these into a different window of your home. Make predictions about which seed will sprout first. Record your observations.	Using two items from this list: pretzel sticks or uncooked spaghetti and marshmallows, toothpicks and playdough, or popsicle sticks and playdough, construct different shapes.	Look through the items in your pantry. Which items are recyclable? Group all of the items you found by material. For example, classify the containers by plastic, aluminum, glass, or cardboard.	Imagine you are an inventor. What would you invent? What would it do? What does it look like? What is it made of? Finally, draw a picture of your invention.	While your family is putting away groceries, every time something is put away, say two things about the item. For example, putting away bananas - "It's yellow and you can eat it."	On the next car ride, pretend the car is a different vehicle (Ex. submarine). Make up a story about your trip in the new vehicle. .
Collaboration	Using a collection of pennies, nickels, and dimes, ask "how much is a penny worth?" "How much is nickel worth?" "How much is a dime worth?" Play store with a family member and take turns making the proper change for each item's price.	Ask a family member to go on a nature walk with you. Take a notebook and pencil. When you see something that you have a question about, ask the family member to write it down. When you get home, pick one question to research more about with your family member.	Play "Number Draw" with a family member. Both of you put your hands behind your back, and on the count of three, bring your hand or hands around and hold up a random number of fingers. The first person to add together and get the sum of both their fingers and their family members fingers wins the round.	Work with your family to make a thankfulness jar. Find a jar or container, cut small pieces of paper to leave next to it, make and decorate a label for the jar. Encourage your family, and yourself, to write down something you are thankful for each day. Decide as a family when you will read them together. Thanksgiving? A different holiday?	Use a deck of cards with the number cards only. Give each player six cards. Take turns laying down two cards at a time and saying the sum. Each pair of cards laid by a player must have a higher sum than the last. If a player doesn't have a higher sum, they can draw two cards. If they still don't have a higher sum, then the hand starts over with the person who laid the last sum. First player out of cards wins.	Take a walk with at least one other family member to complete an outdoor scavenger hunt. Together, look for: <ul style="list-style-type: none"> • A puddle • Chalk art • Windchime • Bird nest • A bug • A swing • A shadow • Something red • Something pretty • A squirrel • A flower • Something round • Something square Can you find everything on the list?
Social Emotional	You have learned that your bed is a	Create a picture showing appreciation to	How high can you jump? Can you touch the	I have found making others laugh has been	Being stuck in the home can be challenging,	Conduct your own "Spidey Sense" test.

Wellness	secret rocket ship. How would your rocket ship look? Where would you go? What would you do? Create a picture telling the story and create the coolest rocket ship you can imagine. Share your story with your parents or friends.	those that take care of you and hang it up in a common area of your home. How did it make you feel to create the picture? What emotions did you feel? How does it make others in the house feel when they see your picture?	sky? Lets try! Squat down and explode up as high as you can 10 times. Can you rotate your body when you are in the air to land facing the opposite direction? Good luck!	helpful. Look in a mirror and work on your most silliest face. Practice! Practice! Share with your family and your friends. Did you get them to laugh? Did they have a silly face to share with you? Have fun!	stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles! What are your best dance moves? Did you challenge a family member to a dance off? Shake a leg!	For 30 seconds focus deeply on what you can hear. Even the smallest noises. For 30 seconds focus deeply on what you can smell. For 30 seconds focus deeply on what you can feel. Open your eyes and look up. For 30 seconds focus deeply on what you can see.
Health and Fitness	Stand on your left leg, lift your right leg and cross it in front of your left knee, and cross your arms in front of your body. Hop in your pretzel position to the finish line!	Laying down, start at your head and squeeze all the muscles in your face. Hold then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body until you get to your toes.	Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a sibling? Each pick a room to clean and race each other!	Stand up and bend the hips. Walk your hands out until you are in plank position. Walk your feet forward to meet your hands and stand back up. Repeat 8-10 times.	Before eating dinner, say thank you for the food in front of you!	Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite! Be careful!

Continuous Learning Challenge - Grade One

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Reading Challenge: set a timer and read each day. Try to read for longer than the day before. How many minutes did you read each day? How many minutes for the week?	Family Story: Start by writing one sentence, then have each member in your family contribute by giving or writing a sentence. Finish the story and add an illustration.	Vowel Town: Choose a vowel team (e.g., ai, ea, oi, oo, etc.) and create a town with as many objects of that vowel team. Be sure to label each object.	On the next car ride, count the people and animals you see according to the values below. What is your total at the end of the car ride? Man = 1 Woman = 2 Child = 3 Pet = 4	Play with a partner. Each player rolls dice and adds up their numbers. The highest sum wins that round. For a challenge, try using a third die.	Print off (https://tinyurl.com/y6wajr6s) or create a hundreds chart. Use buttons or coins to place three "ships" in groups of two, three, or four (you can also color in the squares to show your "ships". Use an old shoe box, file folder, or book to create the divider between the players. Players take turns calling out numbers and the opponent says, "hit" or "miss". It is helpful to mark an "X" over misses and "✓" over hits.
Communication	Read a book, or ask a family member to read a book to you. Afterward write down six words that describe the main character of the story, and then	Interview a family member. How did they choose your name? Write a short story about your name.	If you owned a restaurant, what kind of food would it serve? Tell a friend or family member what you chose and why.	Write a thank you card and leave it in the mailbox for the mail carrier.	Write a "How To" book. (e.g. how to make a s'more, how to make dinner, how to build a house) Draw pictures to show the different steps.	Pick a topic to talk about (e.g. going to the park, making cookies, going on vacation, etc.) Talk on this topic for two minutes. Take turns with



	describe the main character to a family member.				Share your story with a family member or a friend.	a partner. Think of questions you can ask your partner on this topic.
Creativity	Create a calendar for next school year: August 2020 to May 2021. Draw a picture that will go each month.	Draw a map of your house. Mark the places on the map that could be an exit in case of an emergency.	Create a menu for a restaurant. Include names of food items served, pictures of the food, and prices.	Listen to a song on the radio. When it is over draw a picture about how that song made you feel. Write down why you liked or didn't like the song.	Pretend you are a singer and songwriter. Write new words to a familiar song or make up your own tune for your verse, then practice singing it.	Look at a cover of one of your favorite books. Draw a picture of a new cover for the book. How did you decide what to put on the new cover?
Critical Thinking	Using a damp paper towel and Ziploc bag, fold the paper towel into a rectangle and put inside the bag. Next, place a seed or a bean between the two. Make three of these. Tape each of these into a different window of your home. Make predictions about which seed will sprout first. Record your observations.	Using two items from this list: pretzel sticks or uncooked spaghetti and marshmallows, toothpicks and playdough, or popsicle sticks and playdough, construct different shapes. Draw each of these shapes on a blank piece of paper. Write the name of each shape and how many sides and vertices for each one.	Look through the items in your pantry. Which items are recyclable? Group all of the items you found by material. For example, classify the containers by plastic, aluminum, glass, or cardboard. Make a list of each category of your items by looking on the labels.	Guess the noise! With an adult: 1. Pick a noisy kitchen utensil. 2. Have your partner close their eyes and listen carefully. 3. Make a noise with the utensil (Ex. whisk in a bowl) 4. Have your partner open their eyes and make a guess. How many can you get correct?	Think of something that could improve your local community or neighborhood. Could it be a community garden? Putting in new sidewalks? Building a new playground? Draw a poster of your idea and present it to a family member.	Identify some of the natural resources found in your community or neighborhood. How do people use these resources? Explain to a family member how these natural resources could be better protected and why it is important to protect them.
Collaboration	Using a collection of coins, separate out the pennies, nickels, dimes, and quarters. Ask a family member to remind you the amounts each coin is worth. Ask questions like, "how many	Ask a family member to go on a nature walk with you. Take a notebook and pencil. When you see something that you have a question about, write it down. When you get	Play "Number Draw" with a family member. Both of you put your hands behind your back, and on the count of three, bring your hand or hands around and hold up a random number	Work with your family to make a thankfulness jar. Find a jar or container, cut small pieces of paper to leave next to it, make and decorate a label for the jar. Encourage your family, and yourself, to	Writing game: Write a sentence, then cover up what you've written. Provide a word for the next person. They then write a sentence, cover it up and give you a word. Continue back	Take a walk with at least one other family member to complete an outdoor scavenger hunt. Together, look for: • A puddle • Chalk art • Windchime • Bird nest

	nickels does it take to equal a quarter?" "How many dimes does it take to make a dollar?" Play store with a family member and take turns making the proper change for each item's price.	home, pick one question to research more about with your family member.	of fingers. The first person to add together and get the sum of both their fingers and their family members fingers wins the round.	write down something you are thankful for each day. Decide as a family when you will read them together. Thanksgiving? A different holiday?	and forth until you feel like you're done.	<ul style="list-style-type: none"> • A bug • A swing • A shadow • Something red • Something pretty • A squirrel • A flower • Something round • Something square <p>Can you find everything on the list?</p>
Social Emotional Wellness	You have learned that your bed is a secret rocket ship. How would your rocket ship look? Where would you go? What would you do? Create a picture telling the story and create the coolest rocket ship you can imagine. Share your story with your parents or friends.	Create a picture showing appreciation to those that take care of you and hang it up in a common area of your home. How did it make you feel to create the picture? What emotions did you feel? How does it make others in the house feel when they see your picture?	How high can you jump? Can you touch the sky? Lets try! Squat down and explode up as high as you can 10 times. Can you rotate your body when you are in the air to land facing the opposite direction? Good luck!	I have found making others laugh has been helpful. Look in a mirror and work on your most silliest face. Practice! Practice! Share with your family and your friends. Did you get them to laugh? Did they have a silly face to share with you? Have fun!	Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?	Conduct your own "Spidey Sense" test. For 30 seconds focus deeply on what you can hear. Even the smallest noises. For 30 seconds focus deeply on what you can smell. For 30 seconds focus deeply on what you can feel. Open your eyes and look up. For 30 seconds focus deeply on what you can see.
Health and Fitness	Create a bowling game. Set up some empty bottles or cans and try to knock them down. Can you get a spare? Strike?	Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a sibling? Each pick a room to clean and race each other!	Kick a soccer ball or kickball back and forth with a family member. Practice using both feet!	Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite! Be careful!	Take extra time to drink eight, eight-ounce glasses of water today. At the end of the day, how do you feel?	Use your imagination and make up a game using a ball, a sock, and a jump rope. Then ask a family member to join in on the fun!

Continuous Learning Challenge - Grade Two

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Set a timer and read each day. Try to read for longer than the day before. How many minutes did you read each day? How many minutes for the week?	Find a bowl or jar with a lid. Put some water in it, then add a few shakes of pepper. Close the lid tightly. Observe what the solid (pepper) and liquid (water) look like. Shake 20 times, then observe again. How did it change? With permission, experiment with other solids (flour, sugar) in the water. What happens?	Read a book, or ask a family member to read a book to you. Afterward write down six words that describe the main character of the story. Then complete the Communication task below. ↓	Make a schedule. Write down the times you will do each activity. Be sure to include AM and PM. Challenge yourself to find the elapsed time between activities, between the beginning of the day to bedtime, etc.	Start a family story by writing one sentence, then have each member in your family contribute by giving or writing a sentence. Finish the story and add an illustration.	Write down two three-digit numbers. Compare them using $<$, $>$, $=$. Explain how you determined this using place value. Example: 567 has two more hundreds than 367, so it is greater.
Communication	If you owned a restaurant, what kind of food would it serve?	Interview your family. How did they decide your name? Write the story of your name. You can extend this by writing about your middle name or researching about your last name.	↑ Do the above Content Knowledge task first. Then, describe the main character to a family member.	Write a letter to a friend or family member, topic is your choice. Be sure to include the date, greeting, body, closing and your name as the signature.	Write a story using only pictures. Share it with a family member, can they tell the story using your pictures?	Learn new, or more, sign language letters and words. Share them with a family member, or if you can video chat with a friend to teach them.
Creativity	↑ Pair this with the activity above. Draw	Spend 30 seconds quietly looking at the	Go on a texture scavenger hunt! Find something	Take a virtual tour of the Natural History	Using sidewalk chalk draw a scene large	Think of the ending of your favorite bedtime



	<p>out a menu and list all of your delicious items. Don't forget to add prices! With adult help, try making a sample of your most popular dish for your family!</p>	<p>artwork below. Then ask yourself, what is going on in this picture? What makes you think that? What more do you see? Write your answers or have a family member look with you.</p> 	<p>smooth, something fluffy, something rough, something soft, bumpy, and something squishy.</p>	<p>Museum! https://www.nhm.ac.uk/visit/virtual-museum.html</p>	<p>enough for you to fit in. Place yourself in your scene, if you can, take a picture!</p>	<p>story. What if it didn't end there? Make up one more adventure for your favorite story and change the ending. Share your new story at bedtime tonight.</p>
<p>Critical Thinking</p>	 <p>This is a hard hat. It is a safety tool. Brainstorm a list of places where you might need a hard hat. Why would you need a hard hat?</p>	<p>Using two items from this list: pretzel sticks or uncooked spaghetti and marshmallows, toothpicks and playdough, or popsicle sticks and playdough, construct different shapes. Draw each of these shapes on a blank piece of paper. Write the name of each shape and how many sides and vertices for each one.</p>	<p>Look through the items in your pantry. Which items are recyclable? Group all of the items you found by material. For example, classify the containers by plastic, aluminum, glass, or cardboard. Make a list of each category of your items by looking on the labels. Does your family recycle? If not, research where you do start recycling. If you do, make a certificate rewarding your family.</p>	<p>Create the game Mancala using an empty egg carton and pebbles. Learn how to play with an adult.</p>	<p>Write a poem about your favorite character, book or movie. Be sure to describe their looks, personality and other character traits.</p>	<p>Choose a letter of the alphabet. Can you write a tongue twister? For example: Sally sells seashells by the seashore.</p>
<p>Collaboration</p>	<p>Work with your family to make a thankfulness jar. Find a jar or container, cut small pieces of paper to leave next to it, make</p>	<p>Write a sentence, then cover up what you've written. Provide a word for the next person. They then write a</p>	<p>It's family dance party time. Don't forget to crank up the music.</p>	<p>Make dinner or dessert with your family. Discuss who will complete each step in the process. Work together to</p>	<p>Play a game with a family member or your whole family!</p>	<p>Take a walk with at least one other family member to complete an outdoor scavenger hunt. Together, look</p>

	and decorate a label for the jar. Encourage your family, and yourself, to write down something you are thankful for each day. Decide as a family when you will read them together. Thanksgiving? A different holiday?	sentence, cover it up and give you a word. Continue back and forth until you feel like you're done.		make a grocery list if needed.		for: <ul style="list-style-type: none"> • A puddle • Chalk art • Windchime • Bird nest • A bug • A swing • A shadow • Something red • Something pretty • A squirrel • A flower • Something round • Something square Can you find everything?
Social Emotional Wellness	You have learned that your bed is a secret rocket ship. How would your rocket ship look? Where would you go? What would you do? Create a picture telling the story and create the coolest rocket ship you can imagine. Share your story with your parents or friends.	Create a picture showing appreciation to those that take care of you and hang it up in a common area of your home. How did it make you feel to create the picture? What emotions did you feel? How does it make others in the house feel when they see your picture?	How high can you jump? Can you touch the sky? Lets try! Squat down and explode up as high as you can 15 times. Can you rotate your body when you are in the air to land facing the opposite direction? Good luck!	I have found making others laugh has been helpful. Look in a mirror and work on your most silliest face. Practice! Practice! Share with your family and your friends. Did you get them to laugh? Did they have a silly face to share with you? Have fun!	Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?	Conduct your own "Spidey Sense" test. For 30 seconds focus deeply on what you can hear. Even the smallest noises. For 30 seconds focus deeply on what you can smell. For 30 seconds focus deeply on what you can feel. Open your eyes and look up. For 30 seconds focus deeply on what you can see.
Health and Fitness	Make up a dance routine using 8-12 steps. Practice the dance then teach it to someone in your family!	Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a sibling? Each pick a room to clean and race each other!	Use your imagination and make up a game using a ball, a sock, and a jump rope. Then ask a family member to join in on the fun!	Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite! Be careful!	Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.

Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read a book, or ask a family member to read a book to you. Afterward write down six words that describe the main character of the story. Then complete the Communication task below. ↓	Gather three to four glass cups or jars of the same size, put different amounts of water into each glass. Use a spoon to gently tap the side of each jar. Observe the sound. How are they different? Experiment with changing the water levels to listen for differences in the sounds.	Set a timer and read each day. Try to read for longer than the day before. How many minutes did you read each day? How many minutes for the week?	Make a schedule. Write down the times you will do each activity. Be sure to include AM and PM. Use addition and subtraction to find the elapsed time between activities, between the beginning of the day to bedtime, etc.	Start a family story by writing one paragraph, then have each member in your family contribute by giving or writing a paragraph. Finish the story and add illustrations.	Write down two four-digit numbers. Compare them using <, >, =. Explain how you determined this using place value. Example: 5,567 has two more hundreds than 5,367, so it is greater.
Communication	↑ Do the above Content Knowledge task first. Then, describe the main character to a family member.	Write a letter to a friend or family member, topic is your choice. Be sure to include the date, greeting, body, closing and your name as the signature.	Write a story using only pictures. Share it with a family member, can they tell the story using your pictures?	Learn new, or more, sign language letters and words. Share them with a family member, or if you can video chat with a friend to teach them.	If you owned a restaurant, what kind of food would it serve?	Interview your family. How did they decide your name? Write the story of your name. You can extend this by writing about your middle name or researching about your last name.
Creativity	Using sidewalk chalk draw a scene large enough for you to fit in. Place yourself in your	Spend 30 seconds quietly looking at the artwork below. Then ask yourself, what	Go on a texture scavenger hunt! Find something smooth, something fluffy,	Create positive awards for your family members! Be sure to write the family member	↑ Pair this with the activity above. Draw out a menu and list all of your delicious	Take a virtual tour of the Natural History Museum! https://www.nhm.ac.uk/visit/virtual-tour

	scene, if you can, take a picture!	is going on in this picture? What makes you think that? What more do you see? Write your answers or have a family member look with you. 	something rough, something soft, bumpy, and something squishy.	name in and sign yours. Don't forget to fill the certificate with designs!	items. Do not forget to add prices! With adult help, try making a sample of your most popular dish for your family!	ual-museum.html
Critical Thinking	 This is a hard hat. It is a safety tool. Brainstorm a list of places where you might need a hard hat. Why would you need a hard hat?	Using two items from this list: pretzel sticks or uncooked spaghetti and marshmallows, toothpicks and playdough, or popsicle sticks and playdough, construct different shapes. Draw each of these shapes on a blank piece of paper. Write the name of each shape and how many sides and vertices for each one.	Look through the items in your pantry. Which items are recyclable? Group all of the items you found by material. For example, classify the containers by plastic, aluminum, glass, or cardboard. Make a list of each category of your items by looking on the labels. Does your family recycle? If not, research where you do start recycling. If you do, make a certificate rewarding your family.	Think of a situation that made you feel happy or proud. What happened? What did you do? Then, think of a situation that made you feel nervous or scared. What happened? What did you do? Now, create a chart to show how your thoughts lead to feelings and/or actions. Post the chart to remind you to be aware of your feelings.	Describe how caterpillars and worms are different.	Imagine you live in a world with only 20 words. You can use those 20 words as much as you want, but you cannot use any other words at all. Make a list of the 20 words you'd pick. For a challenge, try to use only those 20 words for a day.
Collaboration	Work with your family to make a thankfulness jar. Find a jar, cut small pieces of paper to leave next to it, make and decorate a label for the jar. Encourage your family, and yourself, to	Make your own bird feeder. Use an empty milk jug. With the help of an adult, cut out a shape two to three inches from the bottom of the jug. You can cover the sharp edges with masking tape.	Estimate how long it will take to wash the car. Set a timer, wash the car, and see if you estimated correctly.	Create a time capsule to be open in 2030. Decorate a shoe box and fill it with keepsakes that represent you at your current age. Some items could be: drawings, letters, special	Play Freeze Dance. Choose a favorite tune. Dance around until the music stops. When it does, freeze in whatever position you are in. For a challenge, ask players to freeze in a	Take a walk with at least one other family member to complete an outdoor scavenger hunt. Together, look for: <ul style="list-style-type: none"> • A puddle • Chalk art • Windchime • Bird nest



	write down something you are thankful for each day. Decide as a family when you will read them together. Thanksgiving? A different holiday?	Cut a small "X" under the shape you cut out and insert a wooden dowel or pencil into the "X". Cut a long piece of string and wrap it around the jug lid - gluing to secure. Fill the jug with bird seed and tie to a tree branch.		toys, items with dates, representations of important events, photographs, etc. Seal the box with tape and hide it in a safe place that you will remember. No peeking!	specific position (animals, shapes, letters, yoga poses, etc.)	<ul style="list-style-type: none"> • A bug • A swing • A shadow • Something red • Something pretty • A squirrel • A flower • Something round • Something square <p>Can you find everything on the list?</p>
Social Emotional Wellness	Pick a person or super hero that you admire. Why do you admire them? What similarities do you share? What differences do you respect?	Reflect on what makes you, you. What are your strengths? How can you share those with others? What do you identify as a weakness? How do you build upon your strengths and overcome weaknesses?	How high can you jump? Can you touch the sky? Lets try! Squat down and explode up as high as you can 20 times. Can you rotate your body when you are in the air to land facing the opposite direction? Good luck!	Being able to regulate our attitude and actions is very important. Why do you believe it is important to think before your act?	Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?	Create an image that motivates you and represents the life you have and the gratitude you feel. This is known as a "gratitude wall". Place photos, create pictures, put up words onto a space located on the wall in your room. What did you select? Why did you choose those Photos, words or create that picture?
Health and Fitness	Help your family come up with a meal plan for the week. Bonus points for finding a healthy version of your favorite meal!	Do an active chore, like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds.	Spell your name and do the exercise w/ each letter. Jumping Jacks- A, J, Q, Z Crunches- B, I, Q, R Russian Twists- C, K, S Wall Sit- D, L, T, X Run in Place- M, E, U High Knees- F, N, V Burpees- G, O,	Run as hard as you can for 30 seconds then walk for a minute. Repeat three times.	Blow up a balloon and see how long you can keep it up in the air by hitting it with your hands without it touching the ground. Time yourself to make it a competition with yourself or others.	Learn five fun facts about the heart: 1) The average heart is the size of a fist in an adult. 2) Your heart will beat about 115,000 times each day. 3) Your heart pumps about 2,000 gallons of blood

			W Shoulder Taps-H, P, Y			<p>every day.</p> <p>4) An electrical system controls the rhythm of your heart. It's called the cardiac conduction system.</p> <p>5) The heart can continue beating even when it's disconnected from the body.</p>
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Continuous Learning Challenge - Grade Four

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read a book, or ask a family member to read a book to you. Afterward write down six words that describe the main character of the story. Then complete the Communication task below. ↓	Thinking about different forms of energy: potential (stored energy) and kinetic (energy of movement). Make a two-column list and sort things around your house into the columns. For example, a closed door is potential energy, the door swinging open is kinetic energy.	Set a timer and read each day. Try to read for longer than the day before. How many minutes did you read each day? How many minutes for the week?	Make a schedule. Write down the times you will do each activity. Be sure to include AM and PM. Ask a family member to give you problems, then use addition and subtraction to find the answers. For example: It is 3:15 PM, you have dinner at 6:40 PM. How many minutes do you have to play until dinner?	Start a family story by writing one paragraph, then have each member in your family contribute by giving or writing a paragraph. Finish the story and add illustrations.	Write down two five-digit or six-digit numbers. Compare them using $<$, $>$, $=$. Explain how you determined this using place value. Example: 75,567 has two more hundreds than 75,367, so it is greater.
Communication	↑ Do the above Content Knowledge task first. Then, describe the main character to a family member.	Write a letter to a friend or family member, topic is your choice. Be sure to include the date, greeting, body, closing and your name as the signature.	Write a story using only pictures. Share it with a family member, can they tell the story using your pictures?	Learn new, or more, sign language letters and words. Share them with a family member, or if you can video chat with a friend to teach them.	If you owned a restaurant, what kind of food would it serve?	Interview your family. How did they decide your name? Write the story of your name. You can extend this by writing about your middle name or researching about your last name.
Creativity	Using sidewalk chalk draw a scene large enough for you to fit in. Place	Dress up and recreate a famous artwork! Add your own style. Take a	Create positive awards for your family members! Be sure to write the	Take a virtual tour of the Natural History Museum! https://www.nh	↑ Pair this with the activity above. Draw out a menu and	Draw a family portrait to go with the family story you started creating



	yourself in your scene, if you can, take a picture!	picture if you can! See the example below: 	family member name in and sign yours. Don't forget to fill the certificate with designs!	m.ac.uk/visit/virtual-museum.html	list all of your delicious items. Don't forget to add prices! With adult help, try making a sample of your most popular dish for your family!	in "Content Knowledge". This can be the cover of your story!
Critical Thinking	 <p>This is a hard hat. It is a safety tool. Brainstorm a list of places where you might need a hard hat. Why would you need a hard hat?</p> <p>If you didn't have a hard hat, what materials could you use to make one?</p>	Using two items from this list: pretzel sticks or uncooked spaghetti and marshmallows, toothpicks and playdough, or popsicle sticks and playdough, construct different shapes. Draw each of these shapes on a blank piece of paper. Write the name of each shape and how many sides and vertices for each one. Can you make parallelograms, trapezoids, types of triangles, etc.?	Look through your pantry. Which items are recyclable? Group all of the items by material. For example, classify the containers by plastic, aluminum, glass, or cardboard. Make a list of each category by looking on the labels. Does your family recycle? If not, research where you do start recycling. If you do, make a certificate rewarding your family.	Imagine you live in a world with only 20 words. You can use those 20 words as much as you want, but you cannot use any other words at all. Make a list of the 20 words you'd pick. For a challenge, try to use only those 20 words for a day.	<p>Wouldn't it be cool if your bike had wings? Create a "super-object". Choose one item from List A and one item from List B. Use your imagination to create your new "super-object".</p> <p>List A: roller skates, skateboard, book, sneakers, glasses, bed, lunchbox</p> <p>List B: pockets, buzzer, wings, mirror, parachute, lights, motor</p>	If you were a superhero, who would you be and why?
Collaboration	Work with your family to make a thankfulness jar. Find a jar, cut small pieces of paper to leave next to it, make and decorate a label for the jar. Encourage your family, and yourself, to write down something you are thankful for each day. Decide as a family when	How do submarines dive underwater and rise to the surface again? Try this experiment to find out. With the help of an adult, cut a piece of lemon peel into the shape of a submarine. Fill a jar with water. Put the lemon peel in the water. Cut a circle from a	Make your own bird feeder. Use an empty milk jug. With the help of an adult, cut out a shape two to three inches from the bottom of the just. You can cover the sharp edges with masking tape. Cut a small "X" under the shape you cut out and insert a wooden dowel or pencil into	Estimate how long it will take to wash the car. Set a timer, wash the car, and see if you estimated correctly.	Create a time capsule to be open in 2030. Decorate a shoe box and fill it with keepsakes that represent you at your current age. Some items could be: drawings, letters, special toys, items with dates, representations of important events, photographs,	Take a walk with at least one other family member to complete an outdoor scavenger hunt. Together, look for: <ul style="list-style-type: none"> • A puddle • Chalk art • Windchime • Bird nest • A bug • A swing • A shadow • Something red • Something

	you will read them together. Thanksgiving? A different holiday?	balloon. Stretch it over the top of the jar and secure with a rubber band. Press hard on the balloon. What happened to the "submarine"?	the "X". Cut a long piece of string and wrap it around the jug lid - gluing to secure. Fill the jug with bird seed and tie to a tree branch.		etc. Seal the box with tape and hide it in a safe place that you will remember. No peeking!	pretty <ul style="list-style-type: none"> • A squirrel • A flower • Something round • Something square Can you find everything on the list?
Social Emotional Wellness	Pick a person or super hero that you admire. Why do you admire them? What similarities do you share? What differences do you respect?	Reflect on what makes you, you. What are your strengths? How can you share those with others? What do you identify as a weakness? How do you build upon your strengths and overcome weaknesses?	Physical activity is a great way to relieve stress. Get outside for 30 minutes and do some sort of physical activity. I'd recommend a combination of jumping jacks, push-ups, a brisk jog, or playing a sport with family	Being able to regulate our attitude and actions is very important. Why do you believe it is important to think before your act?	Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?	Create an image that represents your life and the gratitude you feel. This is known as a "gratitude wall". Place photos, pictures, and words on the wall in your room. What did you select? Why did you choose those Photos, words or create that picture?
Health and Fitness	Help your family come up with a meal plan for the week. Bonus points for finding a healthy version of your favorite meal!	Do an active chore, like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds.	Name Fitness-Spell your name and do the exercise w/ each letter. Jumping Jacks- A, J, Q, Z Crunches- B, I, Q, R Russian Twists- C, K, S Wall Sit- D, L, T, X Run in Place- M, E, U High Knees- F, N, V Burpees- G, O, W Shoulder Taps- H, P, Y	Run as hard as you can for 30 seconds then walk for a minute. Repeat three times.	Blow up a balloon and see how long you can keep it up in the air by hitting it with your hands without it touching the ground. Time yourself to make it a competition with yourself or others.	Learn four fun facts about the heart: <ol style="list-style-type: none"> 1) The average heart is the size of a fist in an adult. 2) Your heart will beat about 115,000 times each day. 3) Your heart pumps about 2,000 gallons of blood every day. 4) An electrical system controls the rhythm of your heart. It's called the cardiac conduction system.

Continuous Learning Challenge - Grade Five

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

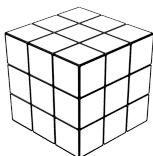
Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read a book, or ask a family member to read a book to you. Afterward write down four or more words that describe the main character, focus on their character traits as well as their looks, of the story, Then ↓	Find a scale (kitchen scale is best but bathroom scale will work), find an object that is made up of parts. Place the whole object on the scale. Find the mass, write it down. Now, take it apart, weigh each piece, writing down the mass of each. Once finished, add all of the parts. Does it equal the mass of the whole object? Why? Try this with other objects.	Reading Challenge: set a timer and read each day. Try to read for longer than the day before. How many minutes did you read each day? How many minutes for the week?	Determine how many hours and minutes it would take you to complete the following: Read for 37 minutes, do math for 45 minutes, draw for 29 minutes, and write a letter for 17 minutes. Remember: 60 minutes = one hour, be sure to convert correctly. Try making your own list to repeat.	Family Story: Start by writing one paragraph, then have each member in your family contribute by giving or writing a paragraph. Finish the story and add illustrations.	Write down two fractions. Compare them using $<$, $>$, $=$. Explain how you determined this, for example finding common denominators. Repeat using fractions with and without common denominators.
Communication	Describe the main character to a family member.	Write a letter to a friend or family member, topic is your choice. Be sure to include the date, greeting, body, closing and your name as the signature.	Write a story using only pictures. Share it with a family member, can they tell the story using your pictures?	Learn new, or more, sign language letters and words. Share them with a family member, or if you can video chat with a friend to teach them.	If you owned a restaurant, what kind of food would it serve?	Interview your family. How did they decide your name? Write the story of your name. You can extend this by writing about your middle name or researching about your last name.
Creativity	Dress up and recreate a	Create positive awards for your	Take a virtual tour of the	Draw a family portrait to go	↑ Pair this	Listen to the intro song for

	<p>famous artwork! Add your own style. Take a picture if you can! See the example below:</p> 	<p>family members! Be sure to write the family member name in and sign yours. Don't forget to fill the certificate with designs!</p>	<p>Natural History Museum! https://www.nhm.ac.uk/visit/virtual-museum.html</p>	<p>with the family story you started creating in "Content Knowledge". This can be the cover of your story!</p>	<p>with the activity above. Draw out a menu and list all of your delicious items. Don't forget to add prices! With adult help, try making a sample of your most popular dish for your family!</p>	<p>your favorite TV show, rewrite the song with your own lyrics and style!</p>
Critical Thinking	 <p>This is a hard hat. It is a safety tool. Brainstorm a list of places where you might need a hard hat. Why would you need a hard hat?</p> <p>If you didn't have a hard hat, what materials could you use to make one?</p>	<p>Using two items from this list: pretzel sticks or uncooked spaghetti and marshmallows, toothpicks and playdough, or popsicle sticks and playdough, construct different shapes. Draw each of these shapes on a blank piece of paper. Write the name of each shape and how many sides and vertices for each one. Can you make parallelograms, trapezoids, types of triangles, etc.?</p>	<p>Look through the items in your pantry. Group all of the items you found by material. For example, classify the containers by plastic, aluminum, glass, or cardboard. Make a list of each category of your items by looking on the labels. Does your family recycle? If not, research where you do start recycling. If you do, make a certificate rewarding your family.</p>	<p>Imagine you live in a world with only 20 words. You can use those 20 words as much as you want, but you cannot use any other words at all. Make a list of the 20 words you'd pick. For a challenge, try to use only those 20 words for a day.</p>	<p>Wouldn't it be cool if your bike had wings? Create a "super-object". Choose one item from List A and one item from List B. Use your imagination to create your new "super-object".</p> <p>List A: roller skates, skateboard, book, sneakers, glasses, bed, lunchbox</p> <p>List B: pockets, buzzer, wings, mirror, parachute, lights, motor</p>	<p>Answer these prompts:</p> <p>I am especially good at:</p> <p>I am a good friend because:</p> <p>People can trust me because:</p> <p>One of the best things about me is:</p> <p>I am fun to be with when I:</p> <p>I help my family by:</p> <p>I help my friends by:</p>
Collaboration	<p>Work with your family to make a thankfulness jar. Find a jar, cut small pieces of paper to leave next to it, make and decorate a label for the jar. Encourage your family, and yourself, to write down something you are thankful for</p>	<p>How do submarines dive underwater and rise to the surface again? Try this experiment to find out. With the help of an adult, cut a piece of lemon peel into the shape of a submarine. Fill a jar with water. Put the lemon</p>	<p>Make your own bird feeder. Use an empty milk jug. With the help of an adult, cut out a shape two to three inches from the bottom of the just. You can cover the sharp edges with masking tape. Cut a small "X" under the shape you cut</p>	<p>Estimate how long it will take to wash the car. Set a timer, wash the car, and see if you estimated correctly.</p>	<p>Create a time capsule to be open in 2030. Decorate a shoe box and fill it with keepsakes that represent you at your current age. Some items could be: drawings, letters, special toys, items with dates, representations</p>	<p>Take a walk with at least one other family member to complete an outdoor scavenger hunt. Together, look for:</p> <ul style="list-style-type: none"> • A puddle • Chalk art • Windchime • Bird nest • A bug • A swing • A shadow

	each day. Decide as a family when you will read them together. Thanksgiving? A different holiday?	peel in the water. Cut a circle from a balloon. Stretch it over the top of the jar and secure with a rubber band. Press hard on the balloon. What happened to the "submarine"?	out and insert a wooden dowel or pencil into the "X". Cut a long piece of string and wrap it around the jug lid - gluing to secure. Fill the jug with bird seed and tie to a tree branch.		of important events, photographs, etc. Seal the box with tape and hide it in a safe place that you will remember. No peeking!	<ul style="list-style-type: none"> • Something red • Something pretty • A squirrel • A flower • Something round • Something square Can you find everything on the list?
Social Emotional Wellness	Pick a person or super hero that you admire. Why do you admire them? What similarities do you share? What differences do you respect?	Reflect on what makes you, you. What are your strengths? How can you share those with others? What do you identify as a weakness? How do you build upon your strengths and overcome weaknesses?	Physical activity is a great way to relieve stress. Get outside for 30 minutes and do some sort of physical activity. I'd recommend a combination of jumping jacks, push-ups, a brisk jog, or playing a sport with family	Being able to regulate our attitude and actions is very important. Why do you believe it is important to think before your act?	Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?	Create an image that represents your life and the gratitude you feel. Place photos, pictures, and words on the wall in your room. Why did you choose those Photos, words or create that picture?
Health and Fitness	Help your family come up with a meal plan for the week. Bonus points for finding a healthy version of your favorite meal!	Do an active chore, like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds.	Spell your name and do the exercise w/ each letter. Jumping Jacks- A, J, Q, Z Crunches- B, I, Q, R Russian Twists- C, K, S Wall Sit- D, L, T, X Run in Place- M, E, U High Knees- F, N, V Burpees- G, O, W Shoulder Taps- H, P, Y	Run as hard as you can for 30 seconds then walk for a minute. Repeat three times.	Blow up a balloon and see how long you can keep it up in the air by hitting it with your hands without it touching the ground. Time yourself to make it a competition with yourself or others.	Learn four fun facts about the heart: 1) The average heart is the size of a fist in an adult. 2) Your heart will beat about 115,000 times each day. 3) Your heart pumps about 2,000 gallons of blood every day. 4) An electrical system controls the rhythm of your heart. It's called the cardiac conduction system.

Continuous Learning Challenge - Middle School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	<p>You and your family plan a trip to your grandparents' house. They live 150 miles north. Halfway to their house, you realize you forgot their present! Your family drives back south to go home and grab the present before finishing the drive back north to your grandparents' home. What is the total distance you traveled and the total displacement?</p> <p>Watch: (https://www.youtube.com/watch?v=V8hJhTE3bUk) for the difference between distance and displacement.</p>	<p>The following prism is made up of 27 identical cubes. What is the greatest possible surface area the prism can have after removing 1 or more cubes from the outside?</p> 	<p>Research if there are other communities or groups of people who have been more devastated by COVID-19 than others. Consider why and form an opinion.</p>	<p>Using the digits zero to nine, at most one time each, place a digit in each box to make a true statement.</p> $\square - \square = \frac{\square}{\square}$	<p>Let's gear up for summer! There are many famous, historical poems that have to do with summer. Try reading Shakespeare's Sonnet 18. What imagery reminded you of summer? Do you like that style of writing why or why not?</p>	<p>Research Murder Hornets and it's impact on the United States. Before you begin your search, come up with three questions you would like to tackle.</p>
Communication	<p>What random act of kindness can you do this week? Here's a start: Write a thank-you letter to an essential worker (your</p>	<p>Write a letter or send an email to a teacher or coach or other role model who has had a positive</p>	<p>Social Media Challenge! On any social media platform, post something POSITIVE and uplifting. Then tag and</p>	<p>Watch https://www.youtube.com/watch?v=1sfM-xx7tHI on body language. Consider what you learned</p>	<p>Interview a family member as if they wrote an auto-biography. Ask biographical questions like, what is your</p>	<p>Imagine you are stranded on a deserted island with a friend. Plot how the two of you would leave and make it</p>



	mail carrier).	influence on your life.	challenge others to do the same!	and try to apply it to your life. What does your body language communicate to others? What do others' body language tell you about them?	earliest memory? Who was your best friend? Do you still keep in touch? Who is your biggest fan? Find more questions here: Biographical Questions - https://tinyurl.com/yad8l6qc	home safely.
Creativity	Write and illustrate a four panel comic strip describing a day in your life. Include at least three characters.	Record a product review of the last thing you bought. Demonstrate how it is used and rate it on a five-star system.	Repurpose some recyclable items from around your house. For example: repurposing cereal boxes to make a pinata or gift box.	Create your own recipe for cookies. Use a traditional recipe as a starting point, then make adjustments and add new ingredients to give it a special flavor. Bonus: name your new cookie!	Create your own short story. Using pictures from your camera or phone, create a story that would be appropriate for children just beginning to read. 	Dress up and recreate a famous artwork! Add your own style. Take a picture if you can! See the example below:
Critical Thinking	TED-Ed Riddle: Watch the video riddle - https://tinyurl.com/uj6mklo . Be sure to take notes and pause the video at 2:00 to see if you can solve it! After you have made your guess, watch the rest of the video to see if you are right!	Twitter CEO just allowed his employees to work from home forever if they choose. Would you want to choose to do e-learning forever? Or have days that you can decide? Why or why not?	Journal: What did you miss the most about school that you did not think you would miss? What are you most looking forward to for summer?	Would you rather questions are always great conversation starters. Try this one out: Would you rather spend the rest of your life on a sailboat or on an RV? Try out more here - https://conversationstartersworld.com/would-you-rather-questions/	Watch a favorite movie, video, or TV show. What stereotypes can you identify? As you watch different media, keep a log of any stereotypes you notice. For a challenge, choose a situation you logged and describe an alternate version without the stereotype.	There are many problems facing America today. What do you think is the biggest problem our country faces? How would you use money, education, and people or the community to solve the problem?
Collaboration	Participate in a virtual book club! Take a look at Andrew Luck's Book Club -	Prepare a meal with another family member. Divide up the tasks,	Schedule a party on ZOOM or another video conferencing platform. Plan	Research the importance of primaries, caucuses, and absentee voting.	Family Debate Night! Choose a variety of topics your family can debate. Set up	Compare: One day this week, run a mile and record your time. Another day this week,

	https://andrewlu.ckbookclub.com/ - for ideas.	pre-measure all your ingredients, and manage how you will clean up.	to play BINGO, Heads Up!, Pictionary, or Scattergories!	Encourage your family to sign up for absentee voting before the Indiana primaries on June 2nd.	debate teams to make clear arguments on one side or the other. Assign at least one person to be the judge to determine a "winner".	run a mile as a relay with a friend or family member. Did you finish the mile faster by yourself or as a team?
Social Emotional Wellness	Pick a person or super hero that you admire. Why do you admire them? What similarities do you share? What differences do you respect?	Reflect on what makes you, you. What are your strengths? How can you share those with others? What do you identify as a weakness? How do you build upon your strengths and overcome weaknesses?	Physical activity is a great way to relieve stress. Get outside for 30 minutes and do some sort of physical activity. I'd recommend a combination of jumping jacks, push-ups, a brisk jog, or playing a sport with family	Being able to regulate our attitude and actions is very important. Why do you believe it is important to think before your act? Was there an event that you felt didn't go your way? How did you react? What could you have done differently?	Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?	Create an image that motivates you and represents the life you have and the gratitude you feel. This is known as a "gratitude wall". Place photos, create pictures, put up words onto a space located on the wall in your room. What did you select? Why did you choose those Photos, words or create that picture?
Health and Fitness	Help your family come up with a meal plan for the week. Bonus points for finding a healthy version of your favorite meal!	Do an active chore, like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds. Take your pulse for 10 seconds. Multiply it by six. Did your HR get above 120?	Follow an exercise video. There are many free online to choose from.	Learn a new dance! Check out a viral trend on Tik Tok like the Renegade, or older dances like the Macarena or Cupid Shuffle. Dancing is good for the physical body and it is also a mood booster!	Try this quick HITT (High Intensity Interval Training) Workout: three rounds, 20 seconds of work, 10 seconds of rest. 1) Jab, Cross, Front (rt) 2) Jab, Cross, Front (left) 3) Jumping Jacks 4) Sumo squats	Get outside and play catch or frisbee with a friend or family member.

Continuous Learning Challenge - High School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Read independently everyday for at least fifteen minutes. Increase how long you read by five minute intervals throughout the week.	Consumer Credit Score: How do you acquire a Consumer Credit Score? Do research on this topic. Make a list of what you will actually need in order to achieve this. Find out what happens if you don't. Decide based on your research, if it is in fact, necessary.	Create a map of one of your favorite places. Include pictures and directions of how to get around. Consider elements that are commonly found on a map.	Read https://tinyurl.com/ydaskfnj and answer the questions found at the bottom. Consider having a discussion with friends or family about what you have read.	Listen to the song "Stuck with You" (https://www.youtube.com/watch?v=h2jvHynuMjI) by Justin Bieber and Ariana Grande. Identify what you think is the overall mood of the song. Choose specific lyrics from the song that help achieve that mood.	Write what you think the first link of your autobiography would be. Remember the first line has to draw in the reader and set the tone for the rest of the story. You can watch this video (https://www.loc.gov/item/webcast-9156) of the author, Jason Reynolds, talking about how he figures out how to write the first line of his novels.
Communication	Think about a story you have heard on the news that you don't fully understand. Ask someone in your family to explain it to you.	Ask a person in your family where they were when the September 11 attacks happened. Have them explain how their life has changed since that event.	Write a letter or send an email to a teacher or coach or other role model who has had a positive influence on your life.	Research a college or a career that you think you would like to pursue after high school. Come up with a few questions about that college or career and ask them to a person who represents the organization or company.	Ask your parents about their political views and why they have those views. Think about what they say and decide if you believe the same things. If you want to know more, research the different political parties and see where you feel you are best aligned.	Review this list (https://tinyurl.com/yc6tho47) of common interview questions. Once you have come up with an answer for each one, have someone you trust give you a mock interview so you can sharpen your skills.

Creativity	<p>Dress up and recreate a famous artwork! Add your own style. Take a photo if you can. See the example below:</p> 	<p>Take a virtual tour of the Natural History Museum! https://www.nhm.ac.uk/visit/virtual-museum.html</p>	<p>Listen to the intro song for your favorite TV show, rewrite the song with your own lyrics and style!</p>	<p>Write a poem but with a twist. Try writing your poem from a different person's point of view, even better, what if it's not even a person?</p>	<p>Create a collage of adventures you would like to take. Cut images from magazines and newspapers, use maps, and/or drawings to create your collage.</p>	<p>Week eight Journal Prompt! Write about or draw the first idea that comes to mind when you read this week's theme of <u>success</u>. (You can do this in the journal you made last week).</p>
Critical Thinking	<p>Look at this image - https://www.nytimes.com/2020/05/07/learning/baseball.html - from The New York times and answer the prompt: What details from this image relate to our current society?</p> 	<p>Try to memorize a famous piece of writing. Consider the Preamble of the Constitution or famous soliloquy from a play. Perform it for friends or family.</p>	<p>Watch a favorite movie, video, or TV show. What stereotypes can you identify? As you watch different media, keep a log of any stereotypes you notice. For a challenge, choose a situation you logged and describe an alternate version without the stereotype.</p>	<p>To what extent can the day for national elections (first Tuesday in November) be changed to a different date? Where can you find that information? Who or what has the power to change the date? Can it be changed for national emergencies? Then, write your thoughts about whether or not the national elections should be moved this year due to COVID-19.</p>	<p>Compare and contrast the beliefs and actions of Martin Luther King Jr. and Malcolm X. How are they similar and how are they different? Decide whose style of leadership and vision you agree with the most and why?</p>	<p>Quote: "Where you will sit when you are old shows where you stood in youth." - Yoruba Proverb. Reflect on the application of this quote to you. Does it have any bearing on the times we are living in or on your future?</p>
Collaboration	<p>Does your family have an "in case of emergency plan"? Think about different emergencies that your family might encounter and work together to come up with</p>	<p>Look up opportunities where some attractions in your community may have free admittance (museum, theater, recreational, etc.) and plan a day for you to go with your friends or family.</p>	<p>Build a story one sentence at a time. Start with the sentence, "It was just past 6 p.m. when suddenly..." Take turns with friends or family adding the next sentence one at a time.</p>	<p>See if where you live has a community garden. If it does, look up something you might want to grow and join in!</p>	<p>What does it mean to collaborate? How is it the same or different from cooperating? Are humans the only species that collaborate?</p>	<p>How has collaboration changed with your classmates? Your teacher?</p>

Social Emotional Wellness	<p>Pick a person or super hero that you admire. Why do you admire them? What similarities do you share? What differences do you respect?</p>	<p>Reflect on what makes you, you. What are your strengths? How can you share those with others? What do you identify as a weakness? How do you build upon your strengths and overcome weaknesses?</p>	<p>Physical activity is a great way to relieve stress. Get outside for 30 minutes and do some sort of physical activity. I'd recommend a combination of jumping jacks, push-ups, a brisk jog, or playing a sport with family</p>	<p>Being able to regulate our attitude and actions is very important. Why do you believe it is important to think before your act? Was there an event that you felt didn't go your way? How did you react? What could you have done differently?</p>	<p>Being stuck in the home can be challenging, stressful, and create a lot of wiggles. It is fancy dance creation time to get rid of the stress and wiggles. What are your best dance moves? Did you challenge a family member to a dance off?</p>	<p>Create an image that motivates you and represents the life you have and the gratitude you feel. This is known as a "gratitude wall". Place photos, create pictures, put up words onto a space located on the wall in your room. What did you select? Why did you choose those Photos, words or create that picture?</p>
Health and Fitness	<p>Help your family come up with a meal plan for the week. Bonus points for finding a healthy version of your favorite meal and making it for your family.</p>	<p>Find out what your THR should be for activity.</p> <p>220 minus your age.</p> <p>Multiply that number by 50%</p> <p>Multiply that number by 75%</p> <p>Try to get your HR in that range for 20-30 minutes.</p>	<p>Follow an exercise video. There are many free online to choose from.</p>	<p>Learn a new dance! Check out a viral trend on Tik Tok like the Renegade, or older dances like the Macarena or Cupid Shuffle. Dancing is good for the physical body and it is also a mood booster!</p>	<p>Try this quick HITT (High Intensity Interval Training) Workout</p> <p>Three rounds, 20 seconds of work, 10 seconds of rest.</p> <p>1) Jab, Cross, Front (rt) 2) Jab, Cross, Front (left) 3) Jumping Jacks 4) Sumo squats</p>	<p>Get outside and play catch or frisbee with a friend or family member.</p>